

Lentil Soup

Ingredients

- 2 tablespoons olive oil
- 2 medium carrots, diced
- 2 medium stalks celery, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- ½ teaspoon ground black pepper
- 2 cups dry lentils
- 1 can (14 ½ oz) crushed tomatoes
- 2 cups vegetable broth
- 6 ½ cups water

Instructions

In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.

Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.

Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.

This recipe yields 11 servings of lentil soup.

This recipe can be found at [Lentil Soup Recipe, Eat Right, NHLBI, NIH](#)

